

Smoke or Not to Smoke

By Bill Newbold

To smoke or not to smoke there is no question about it whether it is lung cancer or a long life the choice to choose is obvious.

Life is good, life is great, life is hard but much harder when I smoked. When I smoked I had no time to be in life so smoking is not to be and is not nobler too.

What a cigarette does hurts not only myself but the others about.

There are no more places left to smoke in my life or even in the world at large.

I have decided to ban smoking in my apartment and so far that has happened. No one for over two weeks has smoked here.

I can feel the fresh air keeping me healthy.

Once there was money to smoke and time to waste but now the days are shorter and my life too.

I cannot waste my time and money doing something to hurt myself.

I love me and who I am becoming.

I think therefore I know not to smoke.

I know not to smoke so I am an ex-smoker.

I am an ex-smoker therefore I have become free of the addiction.

I am free of the addiction and now it is time to help others free themselves from the smoking.